

中心：\_\_\_\_\_

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### 1100726 大專院校學生 中翻英短文翻譯 題目

對於許多人而言，起床馬上來杯咖啡是開啟一天最棒的方式。但一份來自 Asap Science 的報告說：那可不然，報告說喝咖啡最糟糕的時間點，就是我們一起床的時候。當我們醒來時，我們的身體會開始製造皮質醇，皮質醇會幫助我們思路清晰，迅速理解並行動。在我們醒來後，皮質醇的層次會升高，並在一小時攀升到最高。因此，當我們在這段時間喝咖啡的話，會有兩個問題：(1)我們的身體會製造較少的皮質醇。(2)皮質醇使得咖啡較不那麼發揮效用。且那也是為什麼我們有些人喝越來越多咖啡的原因。

不然、反之                      otherwise

皮質醇(壓力荷爾蒙)      cortisol

## 1100726 大專院校學生 中翻英短文翻譯 參考答案

For many people, having a cup of coffee right out of bed is the best way to start a day. But a report from Asap Science says otherwise. It says the worst time for coffee is soon after we get up. When we wake up, our bodies start to make cortisol. Cortisol helps us to think clearly and be quick to understand and act. The cortisol levels rise after we wake up and climb to the highest in about an hour. Therefore, there are two problems when we drink coffee during this time: (1) our bodies will make less cortisol, and (2) the cortisol will make coffee less useful. And that's also the reason why some of us drink more and more coffee.